

Hook-ups, Pt. 2

One of 26 Brain Gym® Movements



How to do Hook-ups, Pt. 2:

Uncross your ankles and put your feet flat on the floor. If you did Hook-ups, Pt. 1, sitting, remain sitting. If you did it standing, remain standing. Now bring your hands together with your fingers touching.

What Hook-ups does: Relaxes the central nervous system. Connects the electrical circuitry of the body. Crosses the center mid-line to activate both left and right hemispheres of the brain. Helps us become emotionally centered and grounded. Pt. 2 helps bring the right and left hemispheres together. Remember: any kind of movement affects and changes brain functioning.

When to use Hook-ups for yourself:

- When you feel stressed out, overwhelmed, or confused.
- Anytime you just want to calm down and relax
- When something is upsetting you.
- If it's hard to make a decision.
- Before settling down to work at a task
- When you want to focus and concentrate
- If you're feeling sad or angry

When to do Hook-ups with kids:

basically the same list as above including

- During timeouts
- When kids are arguing
- Before and during tests
- Too much noise and confusion in the classroom or at home
- Temper tantrums
- Crying jags
- If kids can't focus on the task at hand and are distracted by everything around them
- When they're driving you crazy

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